

## SOCIAL MODEL of HEALTH

The issue(s) that have brought you to counselling are often part of a individual, and more universal, complex mix of factors/issues and circumstances which can impact on each other, to cause, contribute to or maintain your presenting issue(s).

Counselling here at Sydney Women's Counselling Centre, aims to assist your own empowerment in better managing/resolving presenting concerns, and commonly involves working with underlying issues that may emerge during the course of counselling.

This model helps us to work together with you as a whole person in the framework of your own history, culture and family background, in achieving your counselling goals and improving your overall wellbeing and quality of life.

